



**HEALTH TIP #23 –
FORMULA IV & FORMULA IV PLUS
ARE YOU TIRED OF FEELING TIRED?
By Maryellen Vandenbrink, RNCP**

WHY YOU MAY NEED THIS PRODUCT:

- Less than one serving of whole grains are consumed per day – many don't even eat that
- Industrialization of our food supply – protective lipids and sterols have been stripped from whole grains
- Broad Spectrum Supplementation for Optimal Health and Vitality
- Difference between Formula IV and Formula IV Plus:
- Formula IV – contains iron, 450 mg of lipids and phytosterols
- Formula IV Plus – contains no iron and 675 mg of lipids & phytosterols, 100% daily value for zinc, selenium, chromium & molybdenum

BENEFITS:

- More energy and vitality
- Contains lipids & sterols, essential fatty acids that make up the membrane of every living cell in your body allowing the cells to absorb nutrients and eliminate waste. Your cells have more energy and so do you.
- Absorb 50% more out of your diet (Texas A & M University Study)
- Slow aging process
- Increases glandular activity

WHY GNLD FORMULA IV OR FORMULA IV PLUS?

More than just a multi-vitamin and mineral supplement, FORMULA IV®:

- Contains Tre-en-en® Grain concentrates
- Exclusive Phyto Enzyme Blend
- Complete Vitamin E family
- Vitamin C plus Acerola cherry bioflavonoids
- Complete B-Complex vitamins
- All natural Vitamins A & D

- Scientifically tested and proven to support efficient utilization of nutrients.
- Delivers a wide array of **vitamins plus important minerals**.
- first multi-factor food supplement to provide vitamins, minerals, enzymes, and phytonutrients, such as important lipids and sterols
- Contains **Tre-en-en Grain Concentrates** — rich sources of essential lipids and sterols important for cellular health.
- With cold-pressed, cold-processed extracts and concentrates from wheat germ, rice bran, and soybeans, Tre-en-en helps assure good nutrition at the cellular level.
- Strengthens the function of all “links” in the “**Chain of Life**”, by providing lipids and sterols, vitamins, minerals, and enzymes, and by providing key nutrients for the body’s digestion, synthesis and utilization of protein, and the body’s utilization of carbohydrates for energy
- Scientifically tested and proven to support **efficient utilization of nutrients**.
- **Enzymes** to aid digestion and absorption of supplemented nutrients.
- Natural **chlorophyll-colored, soft gelatin capsules** assure potency, digest easily.
- Available in **individual** servings (60 packets) for convenience or **bottles** (60 capsules or 120 capsules) for easy storage.
- **Preservative-free**.

HOW TO TAKE:

Formula IV – Take two capsules daily with food.

Formula IV Plus – Take one package daily with food.

TESTIMONIES:

C. Maiorano, Georgetown, ON: For a year and a half after my second child was born I suffered from constant fatigue. I had to take a nap every afternoon or else I could not function for the rest of the day. I would go the gym and “fake” a workout because I did not have the energy for it. Then a friend at the gym recommended GNLD supplements and I started taking **Formula IV** and **Nourishake**. My third week on the products – WOW – I felt a surge of energy and have not taken a nap in the afternoon since! I have energy, feel healthy, my mood is more constant, have more confidence with people, and I am back to doing aerobic classes at the gym!

It has been life changing for me. Without these products I probably would have severe depression by now, due to the constant fatigue. Instead, thanks to my increased confidence, I am sharing the information about the supplements with my family and friends and have created my

own little “store” from home. All my family and friends are having great results on the products and so it makes me want to tell *everyone* about them!

Recently, I wanted to loose that last 10 pounds of “baby-weight” so I went on the GNLD **GR2 Control Weight Loss Program** and lost 10 pounds in 2 weeks! I got to eat 5 times a day, didn’t feel hungry and had lots of energy. Best of all, it taught me how to maintain my weight because I feel so good eating the way it has taught me. My husband and children also have enjoyed the change in menu items, so I will never go back to my old eating habits!

Thanks GNLD for improving the quality of my life, allowing me to have my own home-based business and helping me lose weight! The results: a healthier, happier me!

“After having three children while still in my mid 20’s, I was diagnosed with chronic fatigue syndrome. I could hardly get out of bed in the morning, and it was a struggle just to get through the activities I had each day. Many of them went undone, and this was only the beginning. Soon I found myself suffering from insomnia, depression, irritable bowel syndrome, and exaggerated PMS. Not knowing what to do, I turned to the medical establishment for help—and was quickly medicated. But they didn’t quite know what to do to truly help my body recover from whatever had caused the problem in the first place. I could tell, while being on the prescription medication for several months, that these drugs were giving me only a ‘band-aid’ effect, covering up the symptom of my problems rather than addressing the real cause. Upon realizing that ‘medicine’ was not the real answer, I continued to search for another solution and began trying a more ‘natural’ approach. After seemingly trying every “snake oil” cure known to man, I was fortunate enough to be introduced to GNLD products.

In the beginning, my husband and I were very skeptical. We had seen so many other companies out there selling cheap, imitation, ‘me too’ products that did not work. However, after seeing the science and research behind GNLD’s nutritionals—along with the company’s philosophy of following Nature’s Blueprint by only including in their products whole-foods found in the human diet—I excitedly got started on a nutritional supplement program including Formula IV. Well, the rest is history. Within weeks, I began feeling better and having more energy, and within a few months I began feeling better than ever before! (And all my other problems subsided, as well!) I actually was able to effectively take care of my children and do the other things I had neglected in the past due my poor physical health. It’s amazing what happens when we give our bodies the nutrients we are so desperately lacking in our modern day diets. Thank you, GNLD!

—Nicole Blain, Atlanta, Georgia

My name is Christine and I would like to share my story about how GNLD products have helped me.

About 10 years ago, I had major surgery. Then 2yrs after my surgery I became very ill and was diagnosed with Fibromyalgia. I was not able to walk very far and every part of my body ached. I

was also very tired all the time . Some of my other symptoms included, dizziness, anxiety, jaw pain, muscle pain, teeth grinding and depression. I was going to physiotherapy 3 times a week and saw a doctor for the depression for 3 years. I was on long term disability. I really wanted to go back to work and tried but was only able to work 4 hours every day. One day a co worker approached me about some products she thought would help me. I started on a program that included Formula IV Plus, Nourishake, Salmon Oil and Calmag. Now I am back to work 8 hours per day as well as working overtime. I am able to exercise 3 times a week and am enjoying my life the way I use to. It has been about 4 years since I have been taking the products and I am still feeling great. I would like to thank my friend Cyndy and GNLD for these great products.

I was very tired all the time and every time I went to the Doctor, I was given another prescription. In fact, I was up to 8 prescriptions a day. I was suffering from depression, hormonal fluctuations, acid reflux and felt unwell all the time.

I met Maryellen at my networking group, and she introduced me to the GNLD products. I started on Formula IV, Nourishake and Beta Gest and Enzymes. The difference I felt was incredible. I no longer felt the symptoms of acid reflux and the shakes taste delicious.

I now am off HRT, acid stopping medication and my antidepressants and feel wonderful. I have lots of energy and feel like I did when I was 20. The products have made a very positive difference in my life.

E. Anniehs, Brampton

In the summer of 2003 I was introduced to GNLD nutritional supplements by my friend, Joanne. At that time I wasn't really interested in other products as I was already taking numerous vitamins/supplements and had been for about 20 years. However, since March 2003 I had been on medication for **high cholesterol** and a **hiatus hernia**. I also had **arthritis** in my right knee, **back problems** and **IBS (irritable bowel syndrome)**. My parents had started having some of these problems in their late 70's and here was in my late 40's which worried me.

After learning about the scientists involved with the company, studies done, along with the company's dedication in teaching others about nutrition and the prevention of disease and the difference with the GNLD products, I was very impressed. Even though I was still a bit skeptical, I thought I "needed" to give the products a try .

I started on the Formula IV Plus and Nourishake for energy, along with their heart program (lipotropic adjunct, garlic, Vit.E). Within a couple of weeks I felt a big difference with my energy level and after about 8 wks. my cholesterol went from 6.61 down to 3.85. My LDL had gone from 4.52 down to 1.85 so I was ecstatic to have my doctor take me off of the statins because I knew that statins are not good for you.

For my arthritis in my knee and back pain I started taking salmon oil and could not believe the difference from anything else I had previously tried. I started with five to six salmon oil/day and



now take only two/day.

I also had serious digestive problems which eventually over the years had lead to a hiatus hernia and more medication. Through GNLD I have learned so much about how our digestive systems really work. I realized that my digestive system probably hadn't worked right for about 20 years because for years after a meal I would always feel so bloated and I got to the point where even having just one glass of wine would cause me to have pain in my chest. Since starting to take GNLD's beta gest, digestive enzymes and acidophilus for the hernia and IBS I no longer have to take medication. I can even enjoy a glass of wine. I don't go anywhere without my digestive enzymes.

My 11 year old daughter takes the vitasquares (multivitamin) along a protein Nourishake. I feel good knowing that she is getting good nutrition before going off to school. She also takes one acidophilus/day which has really helped with a constipation problem when other stuff didn't. She also takes one carotenoid complex to help boost her immune system so as long as she faithfully takes her vitamins she seems to be able to fight off whatever is going around.

I have learned so much about the GNLD difference in that their products are natural and 100% organic whole food and not synthetic. My only regret is that I hadn't known about these products 20 years ago.

Now that I have used the products and know just how beneficial they are, I want to share them with everybody. Once I started to share the products, before I knew it I was starting to build a business. A no-risk business. There is tremendous "job satisfaction" in knowing that you have helped someone to change their life as we all know there is nothing more important than good health.

G. Searle, Norval ON